

ERME VALLEY HARRIERS

Grand Prix Series 2

The **Grand Prix** will run from:
October 2008 to July 2009

A series of **6 scoring road races** over variable distances and 12 races to choose from, these will be calculated on your percentage for your age category at the time of the race. Your best 6 scores will count

6 cross country and 6 Multi terrain bonus points races, these will automatically give everyone who enters these races 30 bonus points per race.

One additional race will be included this being a Marathon, All Marathon times will be put together throughout the series, best age percentage scoring

An additional **5 bonus points** will be awarded for age records for races run in Grand Prix this includes senior records.

An additional **5 bonus points** for every runner in a race where Erme Valley wins the team prize.

The 12 Road Races are as follows, some dates to be confirmed

Nov	Tavy 7
Dec	Exeter 10k
Jan	Plympton 10k
Feb	Hoe 10
Mar	Bideford ½
Mar	Teignbridge 10
April	Taunton ½
May	Plymouth ½
June	Saltram 5k
June	Sam Scenic 6
June	Torbay 1/2
July	Magnificent 7

Bonus Point Races Multi Terrain

30 Points Per Race

Nov Drogo
Nov Bicton
Feb Dalwood hills (Axminster)
July Duckponds
July 6 Moor miles
July Haytor

Bonus Point Races Cross Country (Westward League)

30 Points Per Race

Oct St Austell
Nov Bicton
Dec Exeter
Jan Bideford
Feb Bovey
Mar Redruth